

Covenant School of Nursing Reflective Practice



Learning to be a reflective practitioner includes not only acquiring knowledge and skills, but also the ability to establish a link between theory and practice, providing a rationale for actions. Reflective practice is the link between theory and practice and a powerful means of using theory to inform practice thus promoting evidence based practice.” (Tsingos et al., 2014).

Using the Reflective Practice template on page 2, document each step in the cycle. The suggestions in each of the boxes may be used for guidance but you are not required to answer every question. This Reflective Practice document will be reviewed by faculty and then you will post the final reflection in your LiveBinder folder.

<p>Step 1 Description A description of the experience, with relevant details. <u>Remember to maintain patient confidentiality.</u> Don't make judgments yet or try to draw conclusions; simply describe the events and the key players. Set the scene! It might be useful to ask yourself the following questions</p> <ul style="list-style-type: none"> • What happened? • When did it happen? • Where were you? • Who was involved? • What were you doing? • What role did you play? • What roles did others play? • What was the result? 	<p>Step 4 Analysis</p> <ul style="list-style-type: none"> • What can you apply to this situation from your previous knowledge, studies or research? • What recent evidence is in the literature surrounding this situation, if any? • Which theories or bodies of knowledge are relevant to the situation – and in what ways? • What broader issues arise from this event? • What sense can you make of the situation? • What was really going on? • Were other people's experiences similar or different in important ways? • What is the impact of different perspectives eg. personal / patients / colleagues' perspectives?
<p>Step 2 Feelings Don't move on to analyzing these yet, simply describe them.</p> <ul style="list-style-type: none"> • How were you feeling at the beginning? • What were you thinking at the time? • How did the event make you feel? • What did the words or actions of others make you think? • How did this make you feel? • How did you feel about the final outcome? • What is the most important emotion or feeling you have about the incident? • Why is this the most important feeling? 	<p>Step 5 Conclusion</p> <ul style="list-style-type: none"> • How could you have made the situation better? • How could others have made the situation better? • What could you have done differently? • What have you learned from this event?

<p>Step 3 Evaluation</p> <ul style="list-style-type: none"> • What was good about the event? • What was bad? • What was easy? • What was difficult? • What went well? • What did you do well? • What did others do well? • Did you expect a different outcome? If so, why? • What went wrong, or not as expected? Why? • How did you contribute? 	<p>Step 6 Action Plan</p> <ul style="list-style-type: none"> • What do you think overall about this situation? • What conclusions can you draw? How do you justify these? • With hindsight, would you do something differently next time and why? • How can you use the lessons learned from this event in future? • Can you apply these learnings to other events? • What has this taught you about professional practice? about yourself? • How will you use this experience to further improve your practice in the future?
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Name: _____ Instructional Module: _____ Date submitted: _____

Use this template to complete the Reflective Practice documentation. Use only the space provided. Information that is not visible is lost.

<p>Step 1 Description</p> <p>Walking into building I immediately saw a table filled at least 30 pamphlets containing information for alcoholics and about AA. When going into the room where the meeting would be held, there were colorful fliers advertising all the parties and meeting times offered, lots of pictures, posters, and a large, encircled triangle hanging on every inch of all 4 walls. There was a total of 5 people who attended this meeting and another student who accompanied me. Once the meeting started, the leader handed us a big blue book to follow with them. The leader had us flip to a page and he read a paragraph out loud. After he read it, he asked the members to speak about how that specific paragraph resonated to them as an addict in recovery. This paragraph was the beginning of step 12, the last step of the recovery process. It briefly talked about how to help other addicts and how alcoholics are the only ones who can help others like them. One member spoke up and said that he went through this experience at work earlier that day. He explained he worked in healthcare and said one of his patients expressed that they felt “sad and empty, and that everything around them was constantly moving, but they felt stuck.” He then said he looked at and said, “I know exactly what you mean and how you are feeling.” Then he related his encounter back to the book paragraph by explaining that he understood how she felt because that’s how he felt before he decided to become sober.</p>	<p>Step 4 Analysis</p> <p>Obviously, I knew that I could not relate or truly understand what these people were feeling. These meetings are what people attend to help them maintain their sobriety. They all face daily struggles that could potentially end their sobriety and ruin their recovery process. It was interesting to hear how even the smallest things can trigger them into remembering what that first feeling of drinking or using was. As someone who socially drinks or has an occasional glass of wine with dinner, it was hard to even understand what feeling they were referring to.</p>
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<p>Step 2 Feelings</p> <p>Honestly after seeing where the meeting would be held with all the posters and the big AA symbol, it felt like I was in a cult meeting. There was a lot of prayers and quotes all over the wall as well, which was confusing because I know that AA is typically non-religious and unpolitical. When that member explained how he resonated with that paragraph, it made me truly realize that others do not know what some are going through because they simply do not know. Empathy really plays a big role in the recovery and sobriety for the members of these groups. I think everyone at that meeting was able to relate, but maybe did not feel comfortable speaking up in a room full of strangers.</p>	<p>Step 5 Conclusion</p> <p>I don't think there is anything different I could have done in this meeting. I think maybe if there was more time or more members in attendance to hear more perspectives. One hour did not feel like it was enough time to go over literature and express the feelings of each that came with it. The main thing I learned from this meeting is how loyal and almost dependent these members are on this group. After talking to some members, they said that this group was the only reason they were still in recovery. It just shows me that the meetings work.</p>
<p>Step 3 Evaluation</p> <p>I really enjoyed how the meeting was a blue book meeting because it was kind of like an ice breaker. It seemed like it was a good tool to use to get people to speak up, instead of just maybe directly asking someone to talk about their addiction. Overall, I think attending the meeting person went very well. At first, I was nervous because technically I am an outsider to them. I was worried they would not be nice or welcoming of me into their meeting.</p>	<p>Step 6 Action Plan</p> <p>After experiencing how an AA meeting works and hearing how well people respond to the membership, I think I could use my experience in my future as a nurse. I feel like I could suggest it to patients who are considering recovery and explain to them how it went. It definitely changed my perspective on what I thought meeting were and changed my initial first impression. It is very open and welcoming, even though it felt casual, I could feel the determination of the members all working to maintain their recovery and reach their goals.</p>

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